



NUTRITION FOR GESTATIONAL DIABETES

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OVERVIEW

- Discuss importance of nutritional management in gestational diabetes (GDM)
- Learn the recommended meal plan for GDM
- Practice meal planning for GDM



PATIENT BARRIERS

- Food is a very personal and emotional thing
- Many women feel they get to “eat for two”
- Many women do not have a healthy diet before pregnancy
 - Helping to teach basic healthy eating and GDM management
- Low health literacy – diagnosis may not be viewed as important
- Weight management hasn’t been discussed until this time
 - Lack of prenatal care due to high rate of unplanned pregnancy

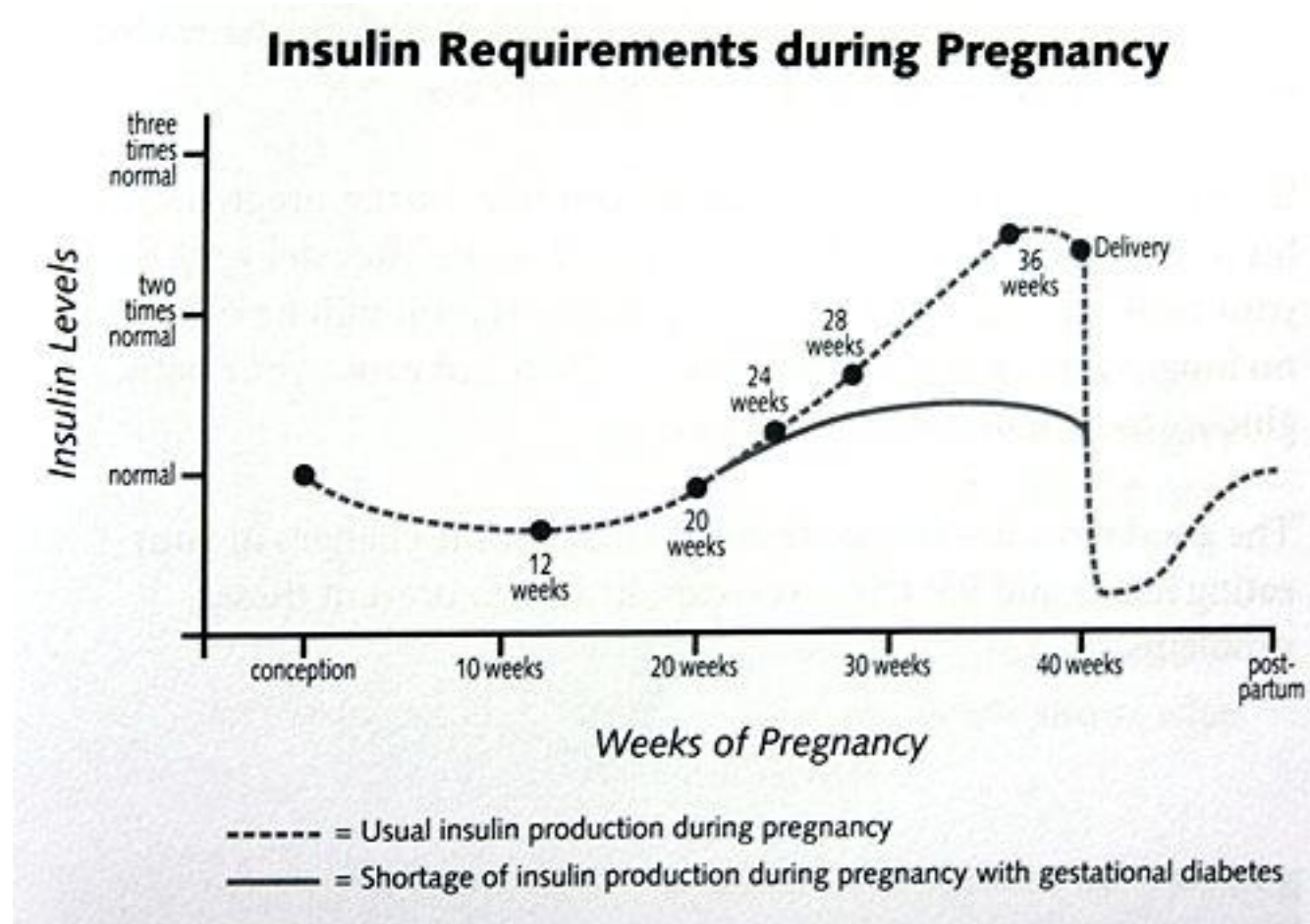


WHY DOES FOOD MATTER?

- High blood glucose (BG) levels have consequences for mom and baby
- Amount of carbohydrate eaten directly impacts how high the BG levels can rise
 - Insulin resistance paired with increased insulin needs is the primary reason, meaning limiting carbohydrates can be beneficial
- Other nutrients, such as fat can impact BG as well
- Important to still meet nutritional needs during pregnancy while balancing meal planning goals for BG management



WHY THE ISSUE WITH CARBOHYDRATES?



GOALS FOR GDM MEAL PLAN

- **Healthy baby and healthy pregnancy!**
- **Promote appropriate weight gain** (IOM guidelines)

BMI range	Total weight gain in lbs (wt gain in lbs for twins)	Rate of weight gained (lb/week) 2 nd and 3 rd trimester
Underweight <18.5	28-40	1.0 (1-3)
Normal weight 18.5-24.9	25-35 (37-54)	1.0 (.8-1)
Overweight 25.0-29	15-25 (31-50)	.6 (.5-.7)
Obese ≥ 30	11-20 (25-42)	.5 (.4-.6)

- **Normalize blood glucose levels (Use ADA target BG guidelines)**



LET'S TALK ABOUT CARBS FIRST

Carbohydrate meal plan:

Breakfast: 15-30g (*lower due to higher insulin resistance in the morning*)

Snack: 15-30g

Lunch: 45-60g

Snack: 15-30g

Dinner: 45-60g

Snack: 15-30g (*recommended if going more than 10 hours without eating*)

Remember – you are not eating for TWO! You only need about an extra 300-400 calories per day in the 2nd and 3rd trimester



GESTATIONAL DIABETES MEAL PLAN



GESTATIONAL DIABETES MEAL PLAN

1 Serving of Carbohydrates = 15 grams of carbohydrates

Breakfast	1-2 Servings of Carbohydrates (15-30 grams)
Morning Snack	1-2 Servings of Carbohydrates (15-30 grams)
Lunch	3-4 Servings of Carbohydrates (45-60 grams)
Afternoon Snack	1-2 Servings of Carbohydrates (15-30 grams)
Dinner	3-4 Servings of Carbohydrates (45-60 grams)
* Bedtime Snack	1-2 Servings of Carbohydrates (15-30 grams)

FOODS WITH CARBOHYDRATE – (These raise blood sugar)

MILK:

1 cup milk or soy milk
8 oz. yogurt (lite or plain)



STARCH: (cooked portions)

1/2 cup beans
1/2 cup peas
1/2 cup corn
1/2 med potato (1/2 cup mashed),
sweet potato or yam
1 cup winter squash
1 slice bread (1 oz)
1 tortilla 6" (flour or corn)
2 taco shells 5"
1/4 large bagel (1 oz)
1/2 hamburger or hotdog bun
4 inch waffle or pancake
1/2-3/4 cereal
1/2 cup oats
1/3 cup rice
1/3 cup pasta
3 cups popcorn
4-6 small crackers
15 chips or small fries



**Choose foods with 5+ grams of fiber

FRUIT:

1 small fruit
1/2 large banana
1/2 grapefruit
1/8 cup raisins, dried fruit
15 grapes
1 cup melon, berries
1/2 cup canned fruit - light
1/3 - 1/2 cup juice - *Not recommended during pregnancy*



SWEETS:

1 Tbsp. jelly, honey, sugar
2 small cookies
2 inch square cake-unfrosted
1 oz. chocolate
1 small brownie
1/10 pie (small slice)
1/2 cup ice cream
1/4 cup sherbet
1 Fudgsicle
1/2 cup sugar-free pudding

COMBINATION FOODS:

Casserole- Tuna noodle, lasagna, mac and cheese: 1 cup = 2 servings
Burrito- meat and bean: 5 oz = 3 servings
Pizza- cheese/vegetarian: ¼ of a 12 inch pizza= 2 servings
Enchilada: 1 (11 ounce) = 3 servings
Soup- Bean, lentil, tomato or split pea: 1 cup = 2 servings

**These serving sizes are estimates- always check your specific food labels when available.*

FOODS WITH LOW OR NO CARBOHYDRATE (These do not raise blood sugar)

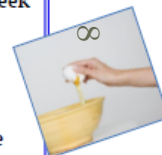


NON-STARCHY VEGETABLES:

All raw or cooked vegetables- (no limit) salad, carrots, green beans, broccoli, cauliflower, tomato, zucchini, cabbage

MEAT & MEAT SUBSTITUTES:

Poultry- eat without the skin
Fish- limit to once or twice per week
Shellfish
Beef- choose more than 90% lean
Pork- choose loin/ round cuts
Bacon/ Canadian bacon
Sausage- consider turkey sausage
Eggs
Cheese- choose low-fat if possible
Peanut Butter



FATS: (small amounts)

Heart Healthy Fats:

Avocados
Nuts
Olives
Canola Oil, olive oil
Margarine with plant sterols



Other Fats:

Margarine
Mayonnaise
Salad dressing
Vegetable oil
Butter
Sauces with fat
Coconut



MISC

Sugar free drinks
(No more than two 8oz cups of caffeine per day)
Sugar free gelatin
Sugar free jelly
Sugar free pancake syrup
Salsa
Mustard
Vinegar



WHAT ABOUT THE OTHER STUFF?

- Increased protein needs during pregnancy
 - Recommend high quality protein sources such as meat, eggs, low fat dairy at meals and snacks
- Encourage heart healthy fats such as nuts, seeds, olive/canola oils, and limiting saturated fat
 - *High fat meals increase insulin resistance. This can result in BG staying higher longer, or being higher later than expected. This can especially impact fasting BGs from dinner and late night snacking.*



GENERAL NUTRITION FOR PREGNANCY

Each day:

- Have at least 3 cups of low fat dairy
 - Think skim or 1% milk, yogurt
- Eat at least 3 cups vegetables, making sure 1 cup is a dark leafy green
 - Broccoli, bell peppers, carrots, celery, spinach etc.
- Have at least 2 cups of fruit
 - Avoid fruit juice, think whole fruits like berries, banana, apples, oranges
- Eat at least 5-7 oz of grains (make half of them whole grain)
 - 1 slice of bread, 1/2 cup pasta/rice, 1/2 cup cooked cereal

GENERAL NUTRITION FOR PREGNANCY: FOOD SAFETY

Foods to limit

- Excessive caffeine (about 200mg or approximately two 8oz cups is plenty)
- Talk with MD about herbal teas and supplements
- Eat no more than 12oz of fish or shellfish per week
- Eat hot dogs or lunch/deli meat only if heated to steaming hot

Foods to avoid

- High mercury containing fish – shark, swordfish, mackerel, tile fish
- Raw or unpasteurized dairy products or juices
- Raw sprouts



SAMPLE BREAKFAST MEAL

- Orange juice 16oz
- Bagel 4oz
- Light Yogurt 6 oz
- Cream cheese 2 TB



WHAT DO YOU NOTICE....

How many carbs?

What could you change about this meal?



QUESTIONS?

- Email: agallagher@slhs.org
- Phone: 208-331-1155 ext. 18

